

FOLATE

For A Healthy Baby & A Healthy You



What is folate?

A form of B Vitamin, that is not stored in the body. Another form of the vitamin, folic acid is found in fortified foods and supplements.

Why is folate important?

- * Helps to produce DNA & RNA, the blueprints used to make new cells in the body.
- * Helps to form hemoglobin in red blood cells.
- * May help to protect against heart disease.
- * Helps to prevent birth defects such as spina bifida.

How much?

You need to get 400 mcg of folic acid every day.

Which foods contain folate?

Folate is found naturally in some fruits and juices, green leafy, vegetables, and legumes. Folate is also found in enriched grain products such as bread, flour, crackers, corn grits, cornmeal, pasta, and rice.

What is an adult serving?

1/2 c. lentils, 1 oz. fortified cereal, 1 c. green leafy vegetables, 3/4 c. orange juice, 1/2 c. pasta or rice.

What is a child serving?

About 1/2 that of an adult serving.

Excellent Sources

200 mcg or more per serving

Black beans, chicken giblets, chicken livers, chickpeas, dried bean, dried peas, fortified breakfast cereals and lentils.

High Sources

80-199 mcg per serving

Asparagus, baked beans, black-eyed peas, garbanzo beans, instant oatmeal, navy beans and orange juice.

Good Sources

40-79 mcg per serving

Avocado, broccoli, brussel sprouts, canned corn, dried peanuts, enriched pasta, fortified bread and oranges.

Folate Rich Ideas



True or False: Cooking Folate-Rich Foods Can Reduce or Destroy Folate?

A True. Food processing and preparations can destroy 50-90 percent of the folate in food. So it is important to eat fresh fruit and raw or lightly cooked vegetables to maximize folate levels. Whether you stir-fry, steam, or microwave, cook vegetables quickly in a minimum amount of water.

Seven Layer Salad

Ingredients:

- 1/2 head each, lettuce and romaine broken in small pieces
- 1/2 red onion, thinly sliced
- 1 cup cooked pasta shells
- 1 small package thawed green peas
- 1 small green pepper, chopped
- 1/2 pound ham, cubed
- 1/2 pound swiss cheese, shredded

Dressing:

- 1 cup mayonnaise
- 2 to 2 1/2 teaspoons of dill weed

Directions:

1. Make dressing ahead and chill: Mix mayonnaise with dill weed.
2. In a large bowl add salad items one at a time.
3. Add dressing just before serving. Add a little at a time to coat lightly or as desired.

Tips to Increase Folate Intake

- * Eat fruits & vegetables raw or cook as quickly as possible, until just tender.
- * Cook fruits & vegetables in a small amount of water, or no water.
- * Steam or microwave foods.
- * Cook fruits & vegetables in a covered pot so the steam cannot escape, the food will cook faster.
- * Cut vegetables that need to be cooked longer in larger pieces so less surface area is exposed.
- * Top your favorite cereal with slices of ripe strawberries.

**Missouri Department of Health & Senior Services
WIC and Nutrition Services**
P.O. Box 570, Jefferson City Missouri 65102-0570
(Telephone 573-751-6204)

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